

■ BY JOHN TAN

IT IS a pleasant Thursday evening at the Mukha cafe in Taman Tun Dr Ismail in Kuala Lumpur. With a serving of a Middle Eastern tea on the table, Arief Subhan is talking about how he keeps busy during his leisure hours.

"I try my best to maximise my time. I don't really like to spend my time with idle talk. I'd rather spend time talking about bigger things like ideas instead of just people," he said.

The 26-year-old sure is an expert when it comes to time management. As a recognisable local media figure, Arief has worked the spectrum from Astro Awani to TV3, with glossy news segments and thought-provoking articles to show for it. As a newscaster for TV3, he reads the business news for *Bizworld* and local and international journal news for *Nightline*.

With a schedule like his, the idea of a "work-life balance" can be difficult to attain. Sometimes, it is even unrealistic. Yet, despite his busy schedule, Arief makes time to pursue his many passions outside of work. From being a competitive free diver to a sponsored marathon runner, putting his time to good use has sure worked very well for him.

As my chocolate latte arrives, Arief mentions a time in South Korea when he competed as an ultra marathon runner.

"I did one in Jeju, South Korea. That was pretty intense and tiring. It was a 50km race," he said proudly. The race, that took place in 2018, saw Arief being sponsored by COWA Coconut Water.

"It was me who approached the brand. I told them that I needed someone to sponsor me

The art of time management

► Arief Subhan is a man on the go who lives life to the fullest



Arief in his element at one of his training sessions. – **PHOTO COURTESY OF ARIEF SUBHAN**

Arief at the Indonesia Apnea Competition 2019. – **PHOTO COURTESY OF ARIEF SUBHAN**

Arief posing with the Jalur Gemilang at the 16th Jeju International Ultra Marathon in 2017. – **PHOTO COURTESY OF ARIEF SUBHAN**

setting up the cones. I asked him about it and he told me that it was for a race. I immediately registered for it that day."

To his surprise, he came in third and from then on, he started competing in races with longer distances.

Aside from running, Arief also spends his time diving as a competitive free diver. He has a beginner's licence (pool) issued by the PADI Dive Centre.

Prior to the pandemic, he would practise with his team at the PJ Palm Centre three times a week.

His sessions culminated in a performance at the Indonesia Apnea Competition in 2019. The Selangor native finished 4th in the overall newcomer category.

On why he took up the sport, Arief said it challenges him and teaches him a valuable life lesson.

"Free diving is an interesting activity because it makes you realise that nothing is more important than the breath you take."

On his involvement in charity, Arief said although he is not part of any official establishment, he has

and don't mind being the brand's ambassador. Lucky for me, they were looking for someone. So, it was a perfect fit. It was tough because I had to pass their criteria, but I took it as a challenge."

Arief's first experience with running began in school. As a student, he found serenity on the school track as it allowed him to engage in thoughts. Over time, he developed his finesse for the sport. In fact, he became a podium finisher in many of the ultra marathons he took part in. One of them was the six-hour Universiti Malaya Ultra Marathon Night Run.

He recalls a funny story behind his participation.

"I was training for a 10km race in University Malaya and I saw a man

Senegal's savannah jockey dreams of

A HEAD shorter than his peers, Fallou Diop quickly vanishes into the crowd of jockeys preparing for early morning drills in the western Senegalese village of Niaga.

When the racing begins, however, his crouched silhouette is far ahead of the field, aided by an effortless riding style.

"When I start riding I get a bit stressed, but after a moment, it's over," Diop says. "At the time of the race, I'm only thinking of victory."

Diop is one of Senegal's most promising jockeys, having won the country's top racing prize when he was just 17. He hopes to begin

racing in France next year, realising a dream coveted by some of Senegal's foremost riders.

Horses are an integral part of life in Senegal. Horse-drawn buggies are ubiquitous across the country, and over the past 50 years competitive racing has developed into a national pastime.

"It's a passion in my family," Diop said. "Since my grandfather we've supported horses, then my father after him."

In villages like Niaga, where Diop lives, horse feed and supply shops line the main roads, and fields are dotted with men on

Arief is a newscaster with TV3. – **ADIB RAWI/THE SUN**